

# *The* POWER TO QUIT *is* INSIDE *you*



Get **FREE** help quitting tobacco today.  
The Montana Tobacco Quit Line offers:

- A **FREE** personalized quit plan
- **FREE** educational materials
- **FREE** phone coaches
- **FREE** nicotine replacement therapy  
*(available for qualified individuals over 18 who are enrolled in the program, not available during pregnancy.)*

MONTANA TOBACCO



[www.TobaccoFree.mt.gov](http://www.TobaccoFree.mt.gov)

## Quit Tobacco Today!

# 1-800-QUIT-NOW

Montana Tobacco Use Prevention Program • Department of Public Health & Human Services